



LANCER

FOOTBALL MONTHLY

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Volume 2 Issue 9

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2019 Football Schedule

8/6	Scrim-TBA
8/10 H	Scrim- West Musk.
8/16	Scrim- TBA
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8/30 A	Riverview
9/6 H	Fairfield Union
9/13 H	TBA
9/20 A	Northridge
9/27 H	Heath
10/4 A	Licking Valley
10/11 H	Licking Heights
10/18 A	Granville
10/25 H	Watkins Memorial
11/1 A	Utica

Elite
Mental
Toughness

MONTHLY TEAM EVENT-BOWLING



Football monthly team events are designed to bring prospective players & returning players together, as well as developing stronger team unity and brotherhood. January's team Bowling event was held at Village Lanes and included bowling for 2 hours and free pizza and drinks.

Competition was held between the "Big Skill" group and the "Skill" group. The Skill group won the competition with an average of **91.2** compared to the Big Skills average of **77.2**.

High average score for the Big Skill group was **Trace Ford** with an average of **124.0**. High average score for the Skill Group was **Connor Vierstra** with an average of **124.3**. The most improved competitor for the day was **Sophomore Chris Hudson**.

NEW OPPONENTS FOR 2019 SEASON ADDED



Two new opponents have been added to the Lancers schedule for the 2019 football season.

Week #1 will have the Lancers traveling to Warsaw to play **River-**

view. The Black Bears finished the 2018 campaign with a **4-6** record and return a large Senior class for 2019.

Fairfield Union will come to Calhoun Memorial Field for a week #2 matchup with the Lancers. Fairfield Union finished the 2018 season with a **3-7** record.

During the 2017 season the Lancers Junior Varsity team lost to Fairfield union 8-12 at Fairfield Union.

Riverview is a member of the ECOL and will move to the M.V.L for the 2020-2021 season. Fairfield Union is a long standing member of the Mid-Sate League Buckeye Division.

JANUARY TEAM EVENT-INKY JOHNSON



Lakewood football will see one of the country's top Motivational Speakers **Inky Johnson** on **February 1st** at Denison University for January's team event!

September 9, 2006. It started as a normal college football game in Neyland Stadium. If anything, the event was an afterthought, dropped into the schedule at the last minute.

For Inky Johnson, though, the game changed everything. A routine tackle turned into a life-threatening injury, and nothing has been normal for Inky ever since. Not with a paralyzed right arm. Not with daily pain. Not with constant physical challenges.

His dream had always been to play professional sports. You might think his injury would have destroyed his motivation and crushed his spirit. But that's only because you don't know Inky.

Who is Inky "Inky" Johnson? He could be described as the survivor of an underprivileged past. He could be described as a refugee of poverty and violence. He could be described as a success story stained by tragedy. But if you look deeper, you'll discover something else.

You'll see a man who looks in the face of defeat and says, "Am I really failing, or is God prevailing?" You'll see a man gripped by the promise that God has purposes and plans far beyond our own. And you'll be inspired by his relentless determination, which he loves to impart to others through his dramatic story.

Inky has a master's degree in sports psychology from the University of Tennessee. He devotes much of his time to mentoring athletes and underprivileged youth. He and his amazing wife Allison live in Atlanta, Georgia with their beautiful children, Jada and Inky Jr.

"Motivation" is often nothing more than forcing people to do something they don't really want to do. In contrast, inspiration affects people from within, giving them the ability to accomplish what would otherwise be impossible. Through his walk and his talk, Inky embodies and imparts a truly inspirational message.

Not that Inky's injury turned him into an inspiration. It just showed the world the inspirational life he's been living all along. Executives, sports teams, church members, and young people all benefit from the raw energy of his charismatic speaking. Whether the topic is leadership, teamwork, or perseverance, Inky inspires his audiences to embrace the challenges of life.

The expectation is that all football players interested in playing next year are required to attend this event. Please make sure you see Coach Lee to sign up and receive your permission slip. **Permission slips are due January 25th.**

Lakewood Alma Mater

*As voices ring out bright
with cheer*

*We hear our Lakewood
loud and clear*

*We feel the peoples'
unity*

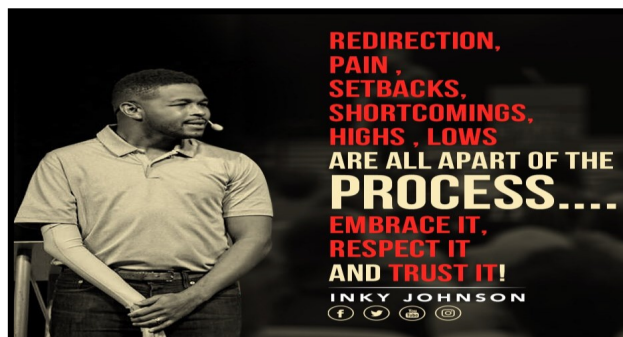
*Their shouts express
their loyalty*

*As time rolls on in
golden haze*

*We'll remember high
school days*

We will try to do our best

For our dear old L. H. S.



BOLAND SELECTED FOR NORTH /SOUTH



Senior Zaven Boland was recently selected to play in Ohio's oldest and most ELITE All-Star game.

Boland who leaves as Lakewood High Schools All-Time leading receiver was selected play Offensive Tight End.

Boland led the Licking County area in receptions and yards in 2018. During his career he hauled in 112 receptions for over 1,572 yards and 17 scores.

The 74th annual North South

Classic all-star game will be held on **Saturday, April 27th 2019** in **Massillon, Ohio at Washington High School's Paul Brown Tiger Stadium.** The North South Classic is contested between the top senior football players in the state of Ohio as selected by the Ohio High School Football Coaches Association.

Two games will be played. The first at **12:00 noon, featuring senior athletes from high school football divisions IV, V, VI and VII.** The second at 4:00 p.m., featuring senior athletes from high school football divisions I, II and III.

First held in 1946, the North South Classic is the nation's oldest-running high school football all-star game.

The game boasts a legacy of top athletes who have participated in it over the years, including **Pro Football Hall of Famers Len Dawson, Roger Staubach, Jack Lambert, Alan Page, Larry Csonka and Paul Warfield.**

Zaven will be the first player in the history of Lakewood football to play in the game!

FOOTBALL WORKOUT WEATHER POLICY



With winter weather becoming more active in January, there a few reminders

that all tam members should be aware of.

If school is cancelled for any reason, all football activities, lifting, team events and trips are cancelled.

If school is on a two-hour delay ,A.M. lifting is can-

celled but P.M. lifting will still be in session. If school is on a early release because of the weather, P.M. lifting and any other football activity is cancelled after school.

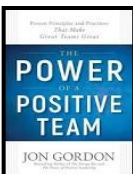
On Saturday, if during the morning **Licking County is placed on a level 2 Snow Emergency** at any time, then lifting is cancelled at Hebron Fitness.

Please keep safety in mind when making decision to attend a football activity. If

you have any questions or concerns, please contact Coach Lee via cell phone, e-mail or on Twitter.

When anticipating bad weather, please check Coach Lee's Twitter account, especially for A.M. sessions. Coach Lee may cancel lifting prior to school making an official announcement, as announcements are sometimes released after the 5:30 a.m. lifting start time.

LEADERSHIP FOOTBALL COUNCIL



Starting in February, the Leadership Council will meet monthly. Players will be selected by

coaches at each grade level. The purpose of the Leadership Council is to assist leadership and team culture.

The Power of a Positive Team will be the book used

for the Councils book study.

The book provides a blueprint for addressing common pitfalls that cause teams to fail—including complaining, selfishness, inconsistency, complacency, unaccountability—while offering solutions to enhance a team's creativity, grit, innovation and growth. It will include worksheets

and activity's to build a positive team.

Members of the Leadership Council will be selected this month. Players will be selected based on investment, character, leadership ability and attitude.

Monthly meetings will be held one Sunday each month at **Pappys Grill** and will include lunch.

LANCER FIGHT
SONG

On ye Lancers, On ye Lancers

On to victory

Show your spirit, show your courage

Show your loyalty

On ye Lancers, On ye Lancers

Fight with all your might

We're behind you all the way

So fight, fight, fight!

Lakewood High School Football

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Check us out on Twitter.....
@CoachLeeLW



Lancer Football Birthdays
January 4th
Robby Taylor

"Happy Birthday #16!"



Upcoming Team Events

Jan- Inky Johnson
Feb- TBA
March- TBA
April - North/South Game
May- TBA



FOOTBALL

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
		New Year's Day	Off	Football Workout PM ONLY 2:45-4:15 p.m.		Football Workouts Hebron Fitness 10:00-11:30
6	7	8	9	10	11	12
	Football Workouts 5:30-7:00 a.m. 2:45-4:15 p.m.		Football Workouts 5:30-7:00 a.m. 2:45-4:15 p.m.	Football Workouts 5:30-7:00 a.m. 2:45-4:15 p.m.	No School End of 2 nd G.P.	Football Workouts Hebron Fitness 10:00-11:30
13	14	15	16	17	18	19
	Football Workouts 5:30-7:00 a.m. 2:45-4:15 p.m.		Football Workouts 5:30-7:00 a.m. 2:45-4:15 p.m.	Football Workouts 5:30-7:00 a.m. 2:45-4:15 p.m. Coaches Mtg. 5:30 p.m.		Football Workouts Hebron Fitness 10:00-11:30
20	21	22	23	24	25	26
	MLK Day No School		Football Workouts 5:30-7:00 a.m. 2:45-4:15 p.m.	Football Workouts 5:30-7:00 a.m. 2:45-4:15 p.m.		Football Workouts Hebron Fitness 10:00-11:30
27	28	29	30	31		
	Football Workouts 5:30-7:00 a.m. 2:45-4:15 p.m.		Football Workouts 5:30-7:00 a.m. 2:45-4:15 p.m.	Football Workouts 5:30-7:00 a.m. 2:45-4:15 p.m.		